

HYDROPATHY,

OR

THE COLD WATER CURE.

THE

SUBSTANCE OF TWO LECTURES,

DELIVERED BY

CAPTAIN CLARIDGE, F.S.A.,

AT

THE QUEEN'S CONCERT ROOMS, GLASGOW.

WITH

CERTIFICATES FROM MEDICAL MEN, SHOWING THE EXTRAORDINARY RESULTS OF THE
WATER CURE TREATMENT, AS PRACTISED BY THEM, UNDER THE ADVICE OF
CAPTAIN CLARIDGE, DURING HIS VISIT TO IRELAND IN THE MONTHS
OF JUNE, JULY, AND AUGUST, OF THIS PRESENT YEAR.

GLASGOW:

PUBLISHED BY GEORGE GALLIE, 99 BUCHANAN-STREET.

MDCCCXLIII.



COLD WATER CURE.

LECTURE I.

ON Monday evening, Captain CLARIDGE, the celebrated author of the work on Hydropathy, or the cold water cure, delivered a lecture on that subject, in the Assembly Rooms of this city, to a crowded and highly respectable audience—attracted not more by the novelty and importance of the subject, than by the ability and high character of the lecturer. The admission was free.

Captain CLARIDGE began his address by narrating the circumstances under which he first became acquainted with the cold water cure, and the nature of the system practised by Vincent Priessnitz, at Graefenberg. He had first heard of it when on his journey back from a tour in Greece and Turkey. His attention was seriously drawn to the subject at Venice by a distinguished officer of marines, who had himself derived great benefit from the treatment of Priessnitz, and who recommended him to have recourse to that singular man for the cure of various ailments with which he was affected—headache, rheumatism, lumbago, and frequent indigestion. This recommendation he found confirmed by every person he met who had been in the establishment of Priessnitz, and he resolved accordingly to go thither and try the new mode of cure, though numerous attempts were made to discourage him, on the part of those whose prejudice and ignorance made them utterly unfit to judge in the matter at all.

On arriving at Graefenberg he found two of his country-

men, who had been advised by himself to go there, (one of them a medical man, Dr. Wilson,) and they were full of gratitude for the advice he had given them, observing, that when they arrived at the establishment they were encased in flannel, had bad appetites, and were altogether in indifferent health; but now they had thrown their flannels off, their appetites were excellent, they slept well, they could take exercise without ever being tired.

He was invited, with his family, to dine at the public table of the establishment, the day after his arrival, and found there from two to three hundred persons, of all ages and ranks in society, almost every one of whom was an invalid, a circumstance which no one would have suspected who looked at their cheerful happy countenances, and the mirth and good humour which prevailed. He was so much struck with what he saw that he was constrained to ask if they really could be invalids, and was still more surprised when told that they had not only been invalids, but that a considerable proportion of them had been declared incurable by the medical profession. The medical friend who had preceded him said he had no hesitation in stating, that, but for Vincent Priessnitz, from forty to fifty of the persons then seated at table would by that time have been in their tombs, and that perhaps a hundred more would have been confined for life to their beds. In fact, by air, exercise, and water alone, any disease might be cured that could be cured by any other means, besides many diseases that medical men declared to be wholly incurable.

The patients were composed of all nations and all ranks, and some of the most extraordinary cases of cure were related to him, medicine being administered in no case whatever. Among other instances, Captain Claridge related the following:—A field-marshal in the Prussian service, eighty-seven years of age, was so much afflicted with gout that he was recommended by the king to retire from his command. He repaired to Graefenberg, and was, by the use of air, exercise, and water, so completely cured, that, with the aid of a small stick, he every day climbed to the top of some mountains in the neighbourhood, at least two thousand feet high. The veteran had related the facts to him with his own lips,

and stated his determination of returning to the service, and claiming from his sovereign to be reinvested in the command of the army. The Prussian Consul at Ham-
burgh came to Graefenberg about eighteen months ago; he had a complication of diseases, and a sore leg, which was so much reduced that literally there was no flesh upon it—nothing but skin and bone. He had been previously told that nothing but amputation would suffice. Under the treatment of Vincent Priessnitz, however, he had slowly recovered; the sore leg became as thick and strong as the other, and before he (Capt. C.) left Graefenberg, he had the pleasure of seeing him at a weekly ball given there, joining the maze of the waltz with all the activity of the youngest person in the room.

The singular cures brought under his notice, and all that he saw at the establishment, determined the Captain to submit to the treatment of Priessnitz, which he did during a period of three months, when the ailments under which he had laboured were totally eradicated. The treatment he underwent was as follows:—He was put into a large cold bath, where he remained two or three minutes. On coming out, his servant, at four o'clock in the morning, folded him in a large blanket, over which he put five other blankets and a feather bed—indeed as much as he could conveniently bear, so that no external air could penetrate. Here he remained till seven o'clock, when a profuse perspiration broke over him, in which he was permitted to remain another hour. He then rose, had the uppermost blanket wound close about his body, and descended to the bottom of the house, where, though still in a state of perspiration, he plunged into a cold bath, and remained in it three minutes. He then dressed, walked out, and, before breakfast, drank eight tumblers of water—a quantity which it was only necessary to drink when under the treatment, although he recommended that in all cases people should drink copiously of cold water, if they wished to be well, and avoid all stimulants and hot drinks. For himself, he invariably drank several glasses of water in the morning, and usually took bread and milk to breakfast, never using tea or coffee.

But to resume his course of treatment:—After break-

fast he put himself under a fall of water of about twenty feet for about three minutes, from which he experienced the greatest enjoyment,—indeed, he heard persons declare that they felt as much exhilarated after this as if they had taken a pint of champagne. His next course was to sit down in water for fifteen minutes, and then to put his feet in water for about the same period. In the afternoon he went through the same processes, and at night slept with his feet and legs bandaged in cold wet clothes enveloped in dry ones, so that the humidity might not escape. This treatment he pursued day after day for about three months, and took so much exercise, that during that period he walked about 1000 miles. He enjoyed more robust health than ever he had done before; and was completely cured of his rheumatism and other ailments.

While describing the nature of the cold bath to be taken during perspiration, the Captain cautioned people against having recourse to the bath when in a state of perspiration caused by exercise, and when the body was suffering from fatigue, but strongly urged the necessity of heating the body, by passive means, previous to immersion.

The Captain then related the cure of his daughter, who was in bad health, said by the medical profession to be consumption. Every morning at five o'clock her servant laid a blanket upon the mattress, and upon that a sheet that had previously been dipped in a pail of water, and well wrung out. The wet sheet was wrapped closely round her body, and over her were placed a number of blankets and a feather bed, so that all the exhalation of the body was concentrated upon it, forming a humid fomentation, or sort of vapour bath. Some people might be startled at the idea of lying in a wet sheet, and they would perhaps say, was not a damp bed a very dangerous thing? Certainly it was; but it was a very different thing to lie in damp linen, which produced that disagreeable chill so often followed by dangerous consequences, from lying in the wet sheet. In the former case the caloric of the body is excited, and allowed to be taken away by the atmosphere; whilst in the latter the damp was taken up by the absorbents, the pores were opened, and a healthy action of the whole system produced. In this condition his daughter's body was permitted to remain about an hour

and a half, and then was immersed in cold water for two minutes. She drank eight tumblers of water before breakfast, was subjected to the action of a fall of water after it, and the foot bath; and two or three hours after dinner went through the same processes. At night her chest was covered with a wet bandage, and a dry one over it. From this treatment, in about two months, her chest and the muscles of her arm were so strongly developed as to render her an object of curiosity to the other patients, and she was completely restored to health.

The Captain then adverted to the ridiculous fear which some might entertain, lest the drinking of a great quantity of water should produce dropsy. Did any one seriously believe that drinking water would, or could, produce dropsy? Did they ever know of a single individual dying of drinking too much water? The idea was utterly preposterous; and he was confident no medical man believed that such a thing ever occurred. Last year the bills of mortality in London showed that no fewer than six hundred had died of dropsy. Would there have been so many, if, instead of poisonous drugs, the use of cold water had been resorted to? Certainly not.

He then related a very singular case of the cure of scarletina in the person of his own daughter. She caught that disease in the vessel which conveyed them to Dublin. After their arrival at their hotel in that city, she complained of being unwell, and was unable to go out to dinner where they had been invited. Soon after an eruption appeared on her skin, and he was informed by her servant that she had taken scarlet fever. He immediately directed the wet sheet to be applied, and went to dinner. On his return about half-past seven o'clock, he found her still in the same position, no perspiration having been produced. He told her to lie for some time longer, and went out. At a quarter to ten, on returning, he found her up, and lying upon a sofa. She stated, that shortly after he had gone out, a profuse perspiration commenced, and continued to increase, till the smell which issued from the sheet was so offensive that she was unable to bear it, and had to throw it aside. The eruption on her skin was all but gone. He directed her to take a cold bath, and next

morning she was again enclosed in the wet sheet, and afterwards washed all over the body, when she found herself completely recovered, though somewhat weak. The sheet in which she had been enveloped smelled so offensively, that, he believed, if it had been brought into a room, even so large as that in which they were now assembled, its presence could not have been endured. Now, he maintained this fact clearly proved that the effect of the application of the wet sheet was to draw the causes of the disease, the bad humours, entirely out of her body, and deposit them in the sheet—and, these removed, she at once revived.

The lecturer then, at considerable length, went into a description of the good effects produced by daily ablutions and the drinking of cold water,. He pointed out the importance of washing the body every morning with water, and rubbing the skin while doing so, for the purpose of insuring a healthy action upon the surface. What could be more detrimental to health than for a person to carry about upon his unwashed body all the excremental substances which had oozed out during the night? these, if not cleansed away, stopped up the pores, injured the circulation, and, as every medical man knows, was the source of innumerable evils to the frame. Why, he could tell, from the very appearance of any person in that audience, whether he was in the habit of washing himself all over, and purifying his skin, every morning or not.

He then compared the simplicity and success of the cold water cure, with the practice of swallowing poisonous drugs, which but increased the evils they were intended to remove. If people wished to have whole and vigorous bodies, and a constant store of good health, they would use cold water; if, on the other hand, they wanted to injure their bodies, and to pay apothecaries' bills, they would swallow the poisonous drugs prescribed by the medical profession, or have their life drawn from them by the means of the lancet.

He spoke strongly of the opposition founded on prejudice and ignorance of medical men. Their pride would not, even when they were convinced, permit them to give into a mode of cure so simple; they were ashamed to ac

knowledge the efficiency of a system, which had for its great promulgation an unlettered peasant like Priessnitz : and many of them would rather let a patient go out of the world than recommend its adoption. It was sometimes amusing to hear how medical men expressed themselves on this subject. If any person present, for example, were to ask his medical attendant his opinion of the cold water cure, he would in all probability reply—"Oh! it's as old as the hills—it is a very good thing, no doubt—a very valuable thing in some cases—but it won't suit you." They, somehow or other, never found it to suit. It was true, that in certain diseases water was applied ; but how? Perhaps the bath was occasionally ordered ; but that was not the cold water cure, and never could be productive of the results which so signally flowed from that system, when applied in all its parts.

After giving some striking instances of the opposition of medical practitioners, the Captain explained more at length the *modus operandi* of the new mode of cure, and entered into a variety of other facts illustrative of its success. He concluded by suggesting the formation of a society in Glasgow to carry out the views he had explained.

LECTURE II.

ON Thursday evening, Capt. Claridge delivered a second lecture on Hydropathy, or the Cold Water Cure, to a large and highly respectable audience, in the Assembly Rooms, Ingram-Street. On this occasion a charge was made for admission—reserved seats, one shilling—the rest of the house, sixpence—for the purpose of paying the expenses connected with the meeting; it having at the same time been resolved to hand over any surplus which might accrue to some charitable institution. The Lord Provost was expected to take the chair, but, being necessarily absent on other business, W. P. Paton, Esq. was, on the motion of R. Kettle, Esq. called to preside.

Mr. Paton, after thanking the meeting for the honour done him, and referring to the necessary absence of the Lord Provost, stated the object for which they had assembled together, and introduced Capt. Claridge to the audience.

Capt. Claridge began by stating that though, on the former evening, he had explained who Vincent Priessnitz was, where he resided, and what was the nature of the water cure which he had introduced, still, as many might be present who had not an opportunity of hearing him before, he presumed it would be agreeable to them that he should say something on these points again.

Priessnitz was the son of a farmer who possessed the property on which the establishment at Graefenberg was now situated. While a boy he had frequent opportunities of seeing an old man in his neighbourhood who was accustomed to cure cattle by means of cold water, and from him he learned the mode of treatment, which in course of time he made applicable to the cure of diseases in the human frame. This led to his being consulted by his neighbours, with whom he was almost invariably success-

ful, though at that time he knew little of the water cure compared with what he afterwards did. His fame spread, and he was soon visited by the respectable part of the people both in his own and other countries, who were afflicted with diseases. He now began to make a profession of it, and, like a second Columbus, might be said to have discovered a new world. In 1829 he began his first establishment, when he had forty-six patients. The numbers gradually increased, till in the year before he visited it, which was in 1840, the patients amounted to 1570. And of what classes were these composed? Among them were ten princes and princesses, and one hundred counts and barons, so that people of the very highest rank and title put faith in his mode of cure. There were indeed people of all descriptions, military as well as medical men; of the latter there were seventeen, and among them only one Englishman. But it might be said, "how comes it, if Priessnitz has performed such extraordinary cures as are related of him, that he has not, instead of 1500, at least 15,000 patients under treatment?" The answer to this was, that there were at that time about fifty other establishments of the same kind in Poland, Russia, Hungary, &c. and he believed they had now increased to nearly one hundred; there were five establishments on the Rhine alone.

Another objection urged might be this—"you state that most extraordinary cures have been witnessed by you and others, at Graefenberg, but it is possible you may have been deceived the whole time; you thought you saw cures performed, but they might not be real." Now let it be admitted that he was deceived—that he was misled as to the cures he believed he had witnessed—still it was to be remembered that he was not the only person who had been at Graefenberg; there were hosts of other witnesses, and among them seventeen medical men, who were not likely to permit themselves to be deceived in a matter of such importance. There were persons present from a great number of different countries, who surely could not all be made dupes of, especially on a matter that concerned their own health, [Here the Captain read a list of the numbers who were at the establishment from Austria, Galicia, Poland, Hungary, Russia, Saxony,

England, &c.] All these 1576 could not be deceived—nor could the vast numbers who had preceded them. But, he begged to ask, how came it, if the cures were not real, that not a single line had ever been written against this establishment? If there was any thing wrong about it—if the volumes which had been published, setting forth the cures performed at Graefenberg, were not true, how had they not been contradicted? Where was Graefenberg? On the confines of Austria and Poland, situated on a mountain 1000 feet above the level of the sea. Here Priessnitz had erected a large establishment, and, from 1829 down to the time of his visit, not fewer than 7500 people had been under his treatment.

You will naturally inquire how many deaths took place during that time out of this number? His answer was, only thirty-six,—only thirty-six deaths out of 7500 patients. This would be looked upon as very extraordinary, considering that Graefenberg was the public hospital of Europe,—the place to which people resorted who could not get themselves cured elsewhere, for he had found that the patients there had consulted the most eminent medical men of their own, and some of them of other countries, before they ever thought of proceeding to this temple of Hygeia. The statement, therefore, would be regarded as very extraordinary, and it would very properly be asked, how did he know to a certainty the truth of the statement? It was ascertained by the following means:—They obtained it from the police. The Austrian Government was exceedingly jealous of the congregation of people within its dominions. Whenever a few people were known to be assembled together, the police were employed to take note of them, and watch their proceedings; and when there collected at Graefenberg from forty to fifty individuals, the circumstance attracted the notice of this active and jealous government, and it was instantly placed under the surveillance of the police. So strict was this surveillance, that if any person who went to Graefenberg wished to know if a friend had been there, or was there at the time, he had only to go to the police, and would receive his information in five or ten minutes. If a person wished to know what had become of any friends who had been there, whether they had died or had gone away, the

polico could at once inform him; they knew every thing that occurred, and could tell what had become of every visitor. It was from this source he received his information, to corroborate that which he had learned from other parties. Now, could any thing speak louder or more forcibly in favour of the water cure than the fact, that only thirty-six out of the extraordinary number and character of cases at Graefenberg had been fatal.

There was another thing that was very striking on this point. Every morning the patients resident at Graefenberg congregated together in great numbers in the mornings at the wells to drink water. They naturally soon became acquainted with each other, and every thing that transpired was known throughout the establishment—so that if people were not cured, the fact would soon spread abroad.

It might next be inquired, would Hydropathy cure all diseases? His answer was, that water would cure every thing that any thing else would cure, and other diseases besides—it would cure any disease over which drugs had no power.

As to the means by which cures were effected, there was, in the first place, the sweating process. The great desideratum with medical men was the producing of perspiration, and checking it at will. In this they failed; but it was not so in the water cure. In order to effect it, the bed is removed from the mattress; a blanket is then placed upon it, and the patient extended upon the blanket, which is brought straight round the neck and other parts of the body; then another blanket is applied and brought tightly round the body; and thus blanket is added to blanket till seven or eight are put round the patient, and a feather bed over the whole. He dared say they would think this almost insupportable; but it was far from being so; it was indeed exceedingly comfortable, and people generally when thus placed went asleep. In most patients perspiration did not break out for three quarters of an hour; and when it appeared, cold water was given him to drink through a teapot, as it was very difficult for a person lying upon his back to take it in any other way. He should drink three or four tumblers of cold water, as it helped to throw out the heat to a greater extent. When

perspiration has broken out, it should be allowed to continue shorter or longer according to the strength of the patient. Some persons were merely warmed by keeping them in the position till perspiration commenced; others, who had strong constitutions, were kept perspiring for perhaps an hour. The trickling of the perspiration down the face was taken as a proof that, generally speaking, it had got the proper length; but when there was a great deal of morbid matter to be extracted from a strong frame, it was continued longer. The coverings were then taken off, and the patient washed with cold water on the face and chest and shins, and such other places as might be exposed to the atmosphere, and a blanket being wrapped tightly round him, he went to the bath. His first care should be to throw cold water over the head, shoulders, and chest, to prevent congestion, and then plunge into the bath, where the period of remaining should be judged of by the circumstances of the patient. He was requested to remain three minutes, but others took one plunge only. It might be supposed there was danger in immersing the body in this excited state into cold water; but that was not the case. When at Graefenberg, Dr. Wilson had called his attention to a gentleman, sixty-four years of age, who had a severe asthma of thirty years' standing, and a tremendous cough, and who was treated in this way. The gentleman, before submitting to the treatment, asked Dr. Wilson if he did not think there was danger in going into the bath in a perspiring state. His reply was, that, as a medical man, he certainly thought so; but he asked if Priessnitz had requested him to do it? The old gentleman answered in the affirmative. "Then," said he, "you ought to comply." The gentleman followed the advice; and before he had been ten weeks under the treatment he was perfectly cured.

As another illustration of the effect of the sweating process, he referred to a cure he performed on Captain Charity, a friend of his own, who was severely afflicted with gout. Captain Charity was so ill as to be unable to walk, but after being put through the sweating process in the morning, he was able that afternoon to take a walk in the Regent's Park, which was in the neighbourhood of his own residence. The Captain was somewhat fond of

society, and though not accustomed to indulge in wine, was still occasionally in the habit of taking it, when he was sure to be attacked by gout; but the moment he felt a twinge, he now had recourse to the sweating process, and was sure to find himself cured.

About the time he (Captain Claridge) published his book, Mr. Roche, M.P. for Knaresborough, agreed to assist him in forming an association for promoting the hydropathic cure. Before the meeting took place, however, for forming the society, Mr. Roche wrote to him that he could not come, as he was laid up with the gout. The attacks of gout with him were very severe, and in order to get rid of it, he had taken not less than £30 worth of colchicum. Immediately on learning the condition in which he was, he set off to pay him a visit, and found him in great pain, with his foot on a stool, and proposed to put him under the cold water treatment. Mrs. Roche, however, would not hear of it—any thing but that. She liked his book very much, she said, but cold water would not suit the case of Mr. Roche at all. He believed she would have allowed him to be half roasted if it had been proposed as a cure, but cold water was entirely out of the question. Mr. Roche also told him that he had consulted his surgeon, Dr. Pelatin, on the subject, and his reply was, that if he resolved on going into the cold water, he had better first prepare a place for himself in the church-yard. Latterly, on hearing a favourable opinion of the cold water cure from another gentleman, Mr. Roche agreed to place himself under the treatment. He was put under the sweating process; and, being a man of strong constitution, was kept in the perspiring state for three hours, till the perspiration went down through the mattress to the floor. He had felt most acute pain before he underwent the treatment, and his foot was large and swelled; but now, to his great astonishment, he found that the pain was entirely gone. He was next subjected for a brief space to the shower-bath, and afterwards washed in the cold water bath, and well rubbed. He then dressed and walked out; and met his medical attendant, who he (Captain Claridge) believed would rather have seen the ghost of one of his forefathers than such a sight. He said, Well, you have escaped for once, but a man may go

to the well onco too often. The Dr. then began to tell him about people with gout putting their feet in cold water, when the gout went to the chest, seized upon their vitals, and they died. "True," said Mr. Roche, "but that is not the water curo: you might hang me by the heels, with my head in a bucket of water, and then I would soon be dead too." (Laughter.) Next morning, after having had an application of wet clothes to the affected parts, strange to say, Mr. Roche walked to the railway with the smallest pair of boots he had.

This treatment applied to many complaints over which drugs had no control, such as rheumatism, paralysis, contraction of the limbs, &c.

The Captain then pointed out the efficiency of the process of ablution in supplying the juices extracted by perspiration, so that a person, instead of getting weaker by so large an amount of perspiration as was pursued, got stronger every day. The time for ablution was, when a person was hot and perspiring, not through active exertion, it must be observed, but when the perspiration was produced by passive means, such as being covered up with blankets in bed. Delicate people, who would feel chill after coming out of the bath, might derive the same benefit by having a wet sheet wrapped round the body, and closely rubbed outside.

The Captain then proceeded to describe the wet sheet process, which he believed would carry the name of Priessnitz down to the latest posterity. He pointed out the difference betwixt lying in damp sheets—a thing that was sure to produce colds and dangerous ailments,—and the application of the wet sheet, on the plan of Priessnitz. It was by no means, after the first chill was over, uncomfortable. He had known people in excruciating agony before they were put into it, and completely relieved of pain in less than ten minutes. It became, in fact, a tepid bath—a humid fomentation, which produced upon the system the most beneficial effects. In cases of fever, apply the wet sheet, and the fever is cured that same day! He spoke guardedly on this subject. If any one was taken ill with fever, put on one wet sheet after another till perspiration was produced—once produce perspiration and the patient was safe. While he was in London, not

long ago, a French Countess came to visit him. He lived in one of the squares, and she and his daughter remained under one of the trees so long that the Countess caught cold. Next morning he went to her residence to ask how she was, when the Count told him she was very ill—that she had so severe a headache that she was dashing her head against the bed-post to get relief. He proposed the wet sheet; and assured the Count that she would be better in ten or fifteen minutes. The Countess, however, refused; any thing but that. It was in vain she was told that if a physician was sent for, he would bleed and blister her. She would rather have these than endure the wet sheet. But he got at her in another way. He said the doctor would most assuredly cut off that beautiful hair of hers. “Oh! then,” she cried, “the wet sheet by all means.” (Laughter.) She was accordingly put into the wet sheet, and in twelve minutes the headache ceased, and she dined that same day with her family. Now, here was a fever checked at once by this simple process. For scarletina, measles, and small-pox, it was equally effectual. If this system were adopted, he was satisfied that they would not lose one child in a thousand that now died from these and other diseases. By its adoption, even vaccination would become unnecessary, as the moment the small-pox appeared, the wet sheet would be put on as often as was necessary, the virus extracted, and the child cured, and all the time after each application the child might be sent to play. There was no lying in bed under the cold water cure. Air, exercise, and water, were the whole paraphernalia of Priessnitz, and at his establishment no one lay a-bed while under the treatment. Here the Captain related the cure of his daughter of scarletina, as described in the former lecture, and went on to enforce the utility of the wet sheet in almost all diseases; indeed he did not care what the ailment was, his recommendation was to try the wet sheet.

He next referred to the douche, or fall of water, which was employed when it was necessary to create a commotion in the system, and to the sitz, or hip bath, which was a very valuable part of the treatment. This was used by simply sitting down in a washing-tub, with the feet out, and a wet cloth round the head. It was exceedingly useful

in all cases of heat or fever about the head and upper parts of the body. Bathing the feet in cold water—never in warm—was also an excellent remedial agent; and he recommended putting a wet cloth, with a dry one over, round any part of the body affected by disease. This might be done in bed with the most perfect security. In the case of a cold with pain in the chest, for example, place a wet cloth over the chest and throat, cover it with a dry one, and go to bed. Children, when teething, were greatly relieved by an application of wet cloths.

He next recommended the drinking of cold water, because water was the greatest dissolvant known. Every person should take as much cold water as he could use, and avoid alcohol and other stimulants. He must say, judging from what he saw on the streets, that he did not regard the people of Scotland as very favourable to Hydropathy. (Hear.) It was very different in Ireland. During the three months he was there he never saw a man drunk, or raising his hand against his neighbour; nor during the whole of these three months did he hear one oath. Whatever might be the agitation now going on there, a more quiet unoffending people he never saw. (Hear.) He would recommend, whatever a man chose to do during the day, that he should drink at least a tumbler of water before breakfast; if ill of indigestion or dyspepsia, let him drink four or five tumblers. But it should be borne in mind that water, any more than too much food, would not digest without exercise. A man might be as ill of indigestion from bad water as from any thing else.

Another matter of great importance was the purification of the skin. The skin was the great excretive and secretive function of the body. The pores were so fine that they could not be seen by the microscope; it was clear, therefore, that if the skin was not regularly and thoroughly cleansed, these innumerable pores would close up, and the matter which ought to be exuded from the body, arrested in its progress outwards—and if it did not get egress it would again be sent into the system.

Captain Claridge next showed the propriety of the cold water cure, from the fact, that by means of it we for ever get quit of these noxious things called drugs, but which were neither more nor less than poisons. He had him-

self at one time been a capital customer with the doctors. He consulted the most eminent medical men in every place he went to, and swallowed their poisons in great quantities; but now he was done with them and their prescriptions, and believed he would never feel pain for any length of time again. There was nothing that doctors could produce with drugs which he could not produce with water; therefore he would never be a customer to an apothecary again. Now this was a mode of cure that might be taken up by any one of them; but he perceived that here there was only one medical man who had adopted the system. Though about fifty books had been published on the subject, and these books reviewed by the public press all over the country, he nevertheless found that there was only one medical man here who had taken it up, and that was Dr. Paterson. (Cheers.) He had had a conversation with Dr. Paterson, and he found that he fully understood the cold water treatment. That gentleman had been at the establishment of Vincent Priessnitz, where he witnessed the mode of cure pursued by that most extraordinary genius, and he had the courage, in spite of all opposition, and in the knowledge that his doing so would cause him to be denounced as a quack—to commence an establishment at Rothsay. He had no acquaintance with Dr. Paterson, but from the conversation he had with him, he believed him to be fully acquainted with the nature of the water cure.

He need scarcely tell that audience that in thus travelling the country, and holding meetings like the present, he had no present object in view—he had no other motives but those of humanity. (Cheers.) The money collected now was for the purpose of paying the expenses of the meetings; and he believed the gentlemen who had taken charge of the matter had arranged that, if there was any surplus, it should be given to some charitable institution. (Cheers.)

Captain Claridge then proceeded to enumerate some extraordinary cures performed through him while in Ireland. One or two of these we shall refer to. Dr. Russell of the 36th Regiment, lying at Limerick, took him to the hospital of the regiment, where he succeeded in curing a man of severe chronic rheumatism; but the

principal cure was that of a soldier of the 10th Hussars, who was lying ill of sciatica, unable to rise from bed, and much reduced. He was a great favourite in the regiment, and he was told that, if that man could be cured, it would certainly be regarded as very extraordinary. He accordingly went to visit him. Dr. Gore, an old physician, who accompanied them, said cure was out of the question. He had two hundred such cases, and never cured one of them. He (Capt. C.) directed what should be done—the sweating process, and the other modes usually followed, were put in operation, and he would now read a letter from Dr. Russell showing the result—

“My dear Sir—Happy to tell you that three more of the severe cases of chronic rheumatism, that I have put under the sweating process, are to-day *decidedly* better. The man of the 10th Hussars, who had not been free from suffering for two or three months with sciatica, has had no pain for three days past, and is going out of hospital to-day.—Yours faithfully,

“JOHN RUSSELL,

“*Surgeon 36th Regt. quartered at Limerick.*

“25th June,
“To CAPT. CLARIDGE.”

He went with Dr. Massey of Limerick to see a young man in consumption, and was accompanied by Dr. Gore, who was of opinion that internal mortification had commenced. The young man was in a very weak state—the Doctor said he would die in about three hours; he was dreadfully emaciated, having taken nothing for several days—his eye looked like that of a dying person, and altogether he was in a most hopeless state. His mother said they had had the priest at him, and they were just waiting till he should expire. His opinion, however, was, that it was a capital case; and he inquired of the medical men what they wanted to produce in the patient. They said they wished to do away with the irritation of the stomach, and to strengthen the pulse, which was so feeble as scarcely to be felt. Well, to work he went—perspiration was produced by the usual means—he was afterwards washed over with cold water—went to sleep, and afterwards awoke much refreshed. While the treatment was going on, the house was filled with neighbours, who looked

on in astonishment, and had he not succeeded, he believed it would have fared very hard with him. He afterwards grew greatly better, to the great delight of the mother, who went down on her knees and blessed God for the recovery of her son. At a lecture he gave in the town, he stated the circumstance, and called on Dr. Massey to report the case to the meeting. He was much displeased at being thus publicly called upon; but, like an honest man, told the truth, and said, singular to say, the water produced every thing that he as a medical man wished to produce. This and other cases getting abroad, he was besieged by all kinds of people for advice as to the cure of their relatives.

At Lismore, an old gentleman came to him on a Sunday morning with his daughter, ill with a pulmonary complaint. Dr. Nugent was sent for, and he stated that the case was incurable. As he (Capt. C.) was under the necessity of leaving the town soon after, he could not attend to the case himself, but he asked Dr. Nugent, as a gentleman, to do in the matter exactly as he desired him. He promised to do so; the patient was put into the wet sheet, and afterwards treated in the usual way; and he would now read a letter from Nugent showing the result:—

“My dear Sir,—As I promised to you to report upon the pulmonary case of the girl Leahy, whom you put under the Hydropathic system, I hasten, briefly, to redeem my promise. She is, you will be happy to hear, much improved in every respect, her respiration and pulse decidedly better, her appetite increased, her cough less troublesome, and the pain over the left clavicle gone, which for several months she had no intermission from. She is, I think, also getting over her extreme emaciation, and the hectic perspirations have altogether disappeared. I confess the improvement in this patient has a good deal staggered me, as though I go a great deal with the Priessnitz system in functional disease, yet in a case of this kind, now under treatment here, I was, and to a certain degree am, sceptical. The leading symptoms are still harassing, but their intensity has been magically palliated; and if it should go on to a radical cure, why I

will 'throw physic to the dogs,' and take altogether to cold water.

"I will watch the case, and report progress.—Yours,
dear Captain C. most sincerely, J. NUGENT, M.D."

"LISMORE, *July 30, 1843.*"

At Waterford he made a complaint at a public lecture that the medical men would not give him an opportunity of showing what the cold water could do. Several medical men went with him from the meeting to his hotel, and after consulting a while they said they would give him a case to operate upon. They accordingly fixed as a case that of a man who had been ill of a rheumatic gout, who had not been out of bed for six months, and could not move either his legs or arms. This man they declared to be incurable, but he at once pronounced it a capital case. He put him under the sweating process, when, on being asked to move his legs, the man found to his astonishment that he could do so easily. He had since gone on improving, as the following would show, from Mr. Jackson, a quaker in Waterford:—

"I have the satisfaction to tell thee that Jonathan Dillon is considered much better to-day; indeed, yesterday, Dr. Carroll told me he had evidently improved, but that he had so often had favourable changes before, he (the Doctor) was fearful of ascribing this to the new mode of treatment.

"Half-past three, P.M.—Doctor Carroll has just now called at my office, and states that Jonathan Dillon is considerably better, and now walks with the aid of crutches, which he had not been able to do before."

Captain Claridge then proceeded to show the importance of young men going to Graefenberg, acquiring a knowledge of the Cold Water Cure, and setting up establishments in this country, provided the medical men refused to take it up. He also recommended the formation of societies to inquire into the truth of Hydropathy—to propagate the result of such inquiries to others—and, if true, to promote its adoption as a matter of humanity. It was a matter of the deepest importance to all. Individually, it was of great importance to know how to ward off disease from themselves and families; collectively, would they permit so great a discovery to

be put aside merely from the opposition of interested parties? The formation of a society in Glasgow would, no doubt, be productive of as good results as in any of the other large towns in England and Ireland, and would be of the greatest benefit to the whole of Scotland. The Captain sat down amid loud applause.

The Chairman said he came to the meeting quite unprepared to take any part in it, and was not aware what measures were proposed to be adopted, or if any. As a true son of Scotland he would not in the meantime pledge himself to any thing; but would be prepared to to make every inquiry into the subject. In the meantime they would all agree, he was sure, in proposing a vote of thanks to Captain Claridge for the lecture he had just delivered.

The motion was carried by acclamation.

Dr. Smeal, after stating that he was certainly struck with what he had read in various publications on the subject of the Water Cure, said that the thing was by no means new, but that what had been brought under their notice appeared to be the Water Cure carried to a greater extent than ever it had been before. After referring to various old writers on the subject, who recommended cold water as a means of cure, he begged to ask Captain Claridge, if it was not possible to effect all the cures to which he had referred without having recourse to such extraordinary means as the wet sheet, and the cold bath after perspiration.

Capt. Claridge said, unquestionably many writers much older than those which had just been mentioned had recommended cold water as a cure for diseases. [Several of these he referred to.] These showed that great benefit might be derived in many diseases from the use of cold water, and that many might be cured in the way referred to by the gentleman; but the valuable discovery of the wet sheet, &c., by Priessnitz was not formerly known, and was now an addition to the cure of the very highest importance.

The Chairman said he had just heard that a future opportunity would be taken of forming a Society in Glasgow, and that due intimation of it would be given through the Newspapers.

The meeting then separated.

At a Meeting of Gentlemen favourable to the formation of a Hydropathic Society in Glasgow, held on 21st September, 1843,

WILLIAM EUING, Esq. *in the Chair.*

The following resolutions were proposed and unanimously agreed to:—

I.—It was proposed by the Chairman, seconded by David Allan, Esq.

“That a Society should be formed, to be called the ‘GLASGOW HYDROPATHIC SOCIETY,’ whose object should be
“1st, To inquire into the truth of Hydropathy.

“2d, To publish the results of that inquiry.

“And 3d, If true, to promote its adoption as a matter of humanity.”

II.—It was proposed by P. W. Dixon, Esq., seconded by Dr. Smeal,

“That a subscription of ten shillings per annum do constitute a member of this Society.”

III.—It was proposed by Peter Aitken, Esq., seconded by J. H. Paterson, Esq.

“That the cordial thanks of this Meeting be given to Captain Claridge for his philanthropic endeavours and unremitting exertions in exciting attention to this subject generally, and in an especial manner for having brought the advantages of Hydropathy before the citizens of Glasgow.”

A vote of thanks having been moved by William Lang, Esq. to Mr. Euing for his conduct in the Chair, which was carried by acclamation, the meeting separated.

WM. EUING, *Chairman.*

The following gentlemen have been named a Committee to forward the interests of the Society, and to make arrangements for calling another Meeting, to be held on the 5th October, for the purpose of electing Officers, Bearers, &c. viz.:—

WILLIAM EUING, Esq.
REV. JAMES PATERSON.
DAVID MURRAY, Esq.
J. H. PATERSON, Esq.
PETER W. DIXON, Esq.

DAVID ALLAN, Esq.
GEORGE WALKER, Esq.
WILLIAM LANG, Esq.
ALEX. FORBES, Esq. M.D.

PETER W. DIXON, INTERIM SECRETARY.

To whom, or to any of the Members of Committee, application may be made by Parties wishful to be enrolled as Members of the Society.